

## WHAT IS CLAIMED IS:

1. A method of making a coating on at least one face to be protected of a metal substrate and/or article in order to improve its performance in terms of resistance to friction wear, in particular at high temperature, the method comprising the following steps:
  - providing a flexible sheet derived from at least one plate obtained by the technique of casting a strip by silkscreen printing from a viscous material made of a binder and a metal powder of a superalloy;
  - cutting said flexible sheet to the dimensions of said face to be protected of said metal substrate and/or article in order to constitute a preform;
  - placing said preform on said face to be protected of said metal substrate and/or article; and
  - raising the assembly to a temperature higher than the melting temperature of the binder but lower than the melting temperature of said metal powder so as to form a coating by establishing a bond between said preform and said face to be protected of said metal substrate and/or article.
2. A method according to claim 1, wherein said metal powder presents grain size that is preferably less than or equal to 90  $\mu\text{m}$ , and preferably lies in the range 40  $\mu\text{m}$  to 65  $\mu\text{m}$ .
3. A method according to claim 1, wherein said flexible sheet is derived from at least two plates obtained by the technique of casting strips by silkscreen printing from a viscous material, said strips being superposed and then dried, at least in part, in order to form said flexible sheet.
4. A method according to claim 1, wherein the base metal of the alloy of the substrate is selected from the group comprising Fe, Ni, and Co.

5. A coating for a metal substrate and/or article for improving its performance in terms of resistance to wear by friction, in particular at high temperature, the coating being formed by a flexible sheet derived from at least one plate obtained by the technique of casting a strip by silkscreen printing from a viscous material formed by a binder and a metal powder of a superalloy.
6. A coating according to claim 5, wherein said binder is organic, in particular containing PTFE.
7. A coating according to claim 5, wherein said superalloy is based on Ni or on Co.
8. A coating according to claim 5, wherein said flexible sheet presents thickness lying in the range 0.3 mm to 2 mm, and preferably in the range 0.5 mm to 1 mm.
9. A metal substrate and/or article, carrying a coating according to claim 5.
10. A guide cam for at least one wheel of a system for deploying a flap of a nozzle of the converging/diverging type of a turbojet engine, the cam constituting an article according to claim 9.